

Find Your Feel-Good

Navigate your way toward better well-being with the
benefIT Well-Being Program, powered by WebMD ONE.

The beneFIT Well-Being Program, can help guide you toward your healthy place. Whether you'd like to spend more time in nature, in the comfort of your home or in the company of loved ones, we offer exciting new tools that can help you enjoy better well-being and experience more feel-good moments in your life. Register to participate in the beneFIT Well-Being Program, and you'll have the opportunity to earn \$900 in HSA/HRA contributions.*

Create Your New Well-being Account

At webmdhealth.com/benefit

Employees and covered spouse can create an account with the following steps.

1. Select **CREATE ACCOUNT**.
2. **Enter your Registration ID.**
To create your Registration ID: Combine your 5-digit home ZIP code + your first name in all capital letters + the last 4 numbers of your Social Security Number (SSN). *See example on the right.*
3. Create a username and password.
4. Enter your birthdate (mm/dd/yyyy).
5. Enter an email address.
6. Accept the Privacy Policy and Terms and Conditions.
7. Click **"Go"** to complete registration.

STEP 2 EXAMPLE

ZIP code for home address = **57007**

First name = **Ann** (Tip: Use your first name as it appears on your paycheck.)

Social Security Number = 123-45-**6789**

Registration ID to enter: **57007ANN6789**

This one-time registration process is to authenticate you in the portal. For future visits, you can use the username and password you create.

Download the WebMD Wellness At Your Side™ mobile app

Earn 25 points when you download the app!

Visit the Apple App Store or the Google Play Store and search for **"Wellness At Your Side."**
Download and open the app, then enter your connection code: **southdakota**



SCAN HERE
TO GET STARTED

Map your way toward well-being with proven resources from WebMD:

- **Online Health Assessment**—Receive a personalized report on your health along with steps to help you improve it.
- **Daily Habits**—Set and track health goals through a personalized, mobile-first experience.
- **Personal Health Record**—View all of your health information in one place.
- **Health Coaching**—Work one-on-one with a trained health professional for free.
- **Media library**—Watch videos and listen to podcasts on well-being topics.
- **Device and App Connection Center**—Connect a fitness device or app to automatically upload your activity.
- **Rewards**—Earn rewards for working toward your personal well-being goals.

*To be eligible for the reward, the employee must be the primary policyholder of the health plan when earning the reward (2021-22) and enrolled as the primary policyholder when the reward is distributed (2022-23). Covered spouses must also create their own account and complete a health assessment and biometric screening for the employee to earn the \$500 reward.



WebMD
health services

You can earn rewards for taking part in well-being activities. Your deadline is April 1, 2022. To learn more, visit the Rewards Page at webmdhealth.com/benefit. Check your completion status prior to the April 1 deadline.

Earn up to \$500:

1. Complete the online health assessment on the new portal, and
2. Complete a biometric screening (onsite event or use the physician form).

Earn up to an additional \$400:

Choose from a variety of well-being activities to earn points. 100 points = \$100 dollars. Earn a \$100 reward up to 4 times. Visit the Rewards page and click **"Keep Earning"** under Rewards 2 for activity options and more details. Keep going to reach your well-being points goals prior to the April 1 deadline.

OVERALL HEALTH		
Attend a BHR Benefits Lunch and Learn	Attend one live webinar	25 points
Complete a Daily Habits Plan	Complete one digital Plan on exercise, nutrition, stress or something else	50 (100 points max)
Complete a Tobacco Phone Coaching Program	Complete coaching calls worth 25 points each	25 (150 points max)
Complete a WebMD Health Coaching Session	Connect with a coach by phone or via messaging for 25 points each	25 (100 points max)
Wellness At Your Side Mobile App	Download the app and use the app for the first time	25 points
PHYSICAL HEALTH		
Register Your Fitness Device with WebMD	Register your device with the portal or through the app	25 points
Fit & Strong	Fit and Strong! (F&S) workshops designed for adults with or without arthritis	300 points
Track 4000 Exercise Minutes	Track 4000 minutes of activity	100 points
Walk With Ease Walking Program	Walk With Ease (WWE) workshops designed for adults who are interested in a walking support program	200 points
PREVENTIVE EXAMS AND EDUCATIONAL PROGRAMS		
Better Choices, Better Health – Cancer Thriving & Surviving	Sign up and attend weekly CTS workshops designed for adults who are just starting their cancer treatment journey or those who have completed it, and their caregivers	300 points
Better Choices, Better Health – Chronic Disease	Sign up and attend weekly CDSMP workshops designed for adults living with ongoing physical and/or mental health conditions and their caregivers	300 points
Better Choices, Better Health – Diabetes	Sign up and attend weekly DSMP workshops designed for adults living with prediabetes, type-2 diabetes, their caregivers, and those with a family history of diabetes	300 points
Better Choices, Better Health – Pain	Sign up and attend weekly CPSMP workshops designed for adults living with or supporting someone with pain that interferes with day-to-day living	300 points
Complete a Cancer Screening	Have one of the following screenings: Breast cancer, cervical cancer, colorectal cancer	50 points
Complete an Annual Wellness Preventive Exam	Complete an annual wellness preventive exam	50 points
EMOTIONAL HEALTH		
Attend an Employee Assistance Program Live Webinar	Participate in one live or recorded webinar.	25 points
Check out the NEW Employee Assistance Program	Check out the new digital self-care platform, myStrength, which is part of the new Employee Assistance Program	50 points
Complete the Seize the Zzzz Challenge	Sign up and meet the challenge goal (Registration deadline 11/3/21)	75 points
Complete the Stressless Challenge	Sign up and meet the challenge goal (Registration deadline 2/23/22)	75 points
FINANCIAL HEALTH		
Financial Workshops	Complete one of the designated workshops	25 points
SD Retirement System Individual Counseling	Complete a 30-minute counseling session	50 points
WELLMARK CARE TEAM		
Engage with the Wellmark Care Team	Enroll in the Care Team to develop your individualized care plan	50 points
Graduate with the Wellmark Care Team	Talk regularly with your Care Team nurse and completing the goals and actions on your care plan	300 points

Questions?
Contact WebMD Customer Service at 800-721-2749.